



Euston Foodbank Newsletter

July 2025 edition



Welcome to the July edition of Euston foodbanks newsletter!



Team Lewis Summer Garden party!

Earlier this month, some of our team attended a summer garden party, hosted by Team Lewis in the College Gardens of Westminster Abbey! The event was a great chance to connect with other charities and share more about what we do here at Euston Foodbank!

Pictured is our project manager, Helena, and some of our wonderful volunteers, Luca, Julia and Una.

Volunteer Highlight!



This month we were joined by the financial team from G-Research who helped us to unload deliveries, sort and organise and make up over 150 food parcels on our very busy Tuesday session. G-Research have been one of Euston Foodbanks biggest supporters over the last few years, and we are incredibly grateful for their ongoing generosity and time! Thank you all.



Scan here if you would like to check out the Gofundme page!

The summer holidays have just begun, and demand is already rising...

If you're able to donate or share our GoFundMe, it would make a real difference. Every penny goes toward helping local families through this busy and expensive time.



This months volunteer interview!



My name is Hadi and i'm an asylum seeker from Syria, and i've been in the UK for about 21 months. I first moved to Bradford, where I was volunteering at another Trussell Trust Foodbank, and I helped as a translator at Refugee Action and at the Deaf community Association.

Then when I moved to London, I started English Lessons at Southwark College and continued my volunteering by joining Euston Foodbank, and now I've been here for almost a year.

Why did you start volunteering at the foodbank?

The main reason was that I wanted to help people, but also I wanted to help myself. I wanted to spend more time outside of the hotel I am living in, and also to practice my English and be surrounded by positive people.

What do you like most about volunteering here?

I like it all, but the best bit is the other volunteers and people I have met. When I came to the foodbank, I didn't speak much English, but it is much better now. Being at Euston foodbank has made London feel more like home.

Would you recommend volunteering at the foodbank to others?

Yes! I have brought friends to volunteer before, I tell them that it is good to come and be around positive energy and to help where you can. I would like to express my gratitude to my foodbank manager, Helena, for being my supporter from the beginning until now. And to all of the other volunteers, who I have the upmost appreciation for.

July's most needed items

If you are able to donate, our food bank accepts any food that is in date and unopened! Here's what we need the most this month...

Coffee

Tinned Fruit

Rice

Pasta

Washing up liquid

Shower gel

This month we are running especially low on items for our homeless clients, so we really need:

Protein bars

Dried fruit

Nuts

Chocolate



Thank you all so much for your donations, time, energy and engagement, your support allows us to help some of the most vulnerable in our community. For more information about volunteering or donation opportunities, please visit Euston.foodbank.org.uk

email: info@euston.foodbank.org.uk | mob number: 07400 053838 | Instagram, Facebook and X: @eustonfoodbank